

Family Emergency Planning

Does your family have an emergency plan? ALCOAST 430/04 reminds us that it's that time again to look at family emergency planning. Emergencies can happen quickly and without warning. Today, we must be prepared for natural disasters as well as human-made disasters. Knowing what to do before, during, and after an emergency is an important part of being prepared and may make all the difference when seconds count.

First, find out what natural and human-made disasters are most common in your region and how you will be notified. Ways of getting your attention vary from community to community. A common way is to broadcast via emergency radio and TV broadcasts. You may hear a special siren that alerts you to check your local broadcasting systems.

Common natural disasters include: **Flooding** which is the nation's single most common natural disaster. Flooding can happen in every U.S. state and territory. **Earthquakes** are often thought of as a West Coast phenomenon, yet 45 states and territories in the United States are at moderate to high risk from earthquakes and are located in every region of the country. **Tsunamis** are large ocean waves created from an earthquake or volcanic eruption. Open ocean wave height may be as high as 1 meter. When entering shallow coastal waters, land configuration can amplify waves to heights of over 15 meters. **Tornados** are nature's most violent storms and can happen anywhere. However, states located in "Tornado Alley," as well as areas in Pennsylvania, New York, Connecticut, and Florida are at the highest risk for tornado damage. **Hurricanes** are severe tropical storms that form in the southern Atlantic Ocean, Caribbean Sea, Gulf of Mexico, and in the eastern Pacific Ocean. People who live in coastal communities should plan what they will do if they are told to evacuate.

Human-made disasters may involve: **Biological attack** is the deliberate release of germs or other biological substances that can make you sick. **Chemical attack** is the deliberate release of a toxic gas, liquid or solid that can poison people and the environment. **Nuclear blast** is an explosion with intense light and heat, a damaging pressure wave and widespread radioactive material that can contaminate the air, water and ground surfaces for miles around. **Radiation threat** is commonly referred to as a "dirty bomb" or "radiological dispersion device (RDD)", is the use of common explosives to spread radioactive materials over a targeted area.

Your family may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations. Identify two meeting places: the first should be near your home, perhaps a tree or telephone poll; the second should be away from your neighborhood in case you cannot return home. Pick a friend or relative who lives out of the area for household members to call to say they are OK. Talk to your neighbors about how you can work together in the event of an emergency.

Tips for creating disaster supply kit.

- Use backpacks or duffel bags to keep the supplies together. Clearly label the bags and designate a place for them to be ready to go in case you have to leave your home quickly. Make sure all members know where the kit is kept.
- Pack enough essential food, water and supplies for at least three days (change water out every six months). Consider having additional supplies for sheltering or home confinement for up to two weeks.
- Include tools and emergency supplies such as screwdrivers, scissors, waterproof matches, rope, flashlight, extra batteries, radio, tape, can opener, compass, garbage bags, flares, first aid supplies, needle and thread, and household bleach.
- Pack blankets or sleeping bags and extra clothing.
- You should also have a car kit of emergency supplies, including food and water, to keep stored in your car at all times. This kit would also include flares, jumper cables, and seasonal supplies.
- It is also a good idea to have a disaster supply kit at work. This should be in one container ready to go in case you have to evacuate the building

You can download your Family's Preparedness Guide at:
<http://www.opm.gov/emergency/PDF/NationalFamilyGuide.pdf>

Recipe of the Month

Pumpkin Smoothie

1.5 cups orange juice
 2 cups pumpkin, canned unsalted
 1 cup milk, canned, evaporated, nonfat
 1 medium banana, raw and sliced
 2 tablespoons sugar, brown
 2 teaspoons cinnamon, ground
 1-2 dozen ice cubes
 1 tablespoon whipped cream

Put all ingredients in a blender except whipped cream and blend well. Add whipped topping and enjoy! Makes 2 servings.

Nutritional information per serving:

Calories	405cal
Carbohydrates	85g
Protein	14g
Fat	1g
Fiber	9g
Sodium	164mg

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